



## Family Carer's of all ages Checklist

We've created a checklist which you may find useful as a new carer.


- Take your time to look through each section
- Some suggestions may be more relevant to you than others
- You may want to revisit different sections at a later date


If you would like support with completing any section please contact [rbwm.yc@family-action.org.uk](mailto:rbwm.yc@family-action.org.uk)

Your Wellbeing 	
Activity/Things to consider:	Contact:
<p>Register adult and child/ren with caring responsibilities as a <b>'carer'</b> with your GP on their medical records, using the SNOMED codes below:</p> <p><b>224484003</b> - Patient themselves providing care</p> <p><b>302767002</b> - Cares for a relative</p>	<p>Contact your GP directly, requesting</p>
<p>Register your child/ren with your local authority young carers support service, and consider a Young Carers Assessment</p> <p>Register adult family members with your local authority carers support service, and consider a Carers Assessment</p>	<p><b>Young Carers:</b> <a href="https://www.family-action.org.uk/what-we-do/children-families/young-carers-windsor-maidenhead/">https://www.family-action.org.uk/what-we-do/children-families/young-carers-windsor-maidenhead/</a></p> <p><b>Adult Carers:</b> <a href="http://www.optalis.org/support-for-carers">www.optalis.org/support-for-carers</a></p> <p><b>Telephone:</b> 01628 683744</p>
<p>Complete a Carers Emergency/Contingency Plan, provided by carer support services</p>	<p><b>Young Carers:</b> <a href="https://www.family-action.org.uk/what-we-do/children-families/young-carers-windsor-maidenhead/">https://www.family-action.org.uk/what-we-do/children-families/young-carers-windsor-maidenhead/</a></p>

Your Wellbeing		
Activity/Things to consider:	Contact:	
<p><b>Crossroads Care</b> Local Network partner of Carers Trust, a National network of carers organisations with shared minimum standards.</p> <p>Supply support and services for unpaid carers and people with care needs, such as professional a care worker to give support for personal as well as social care. You can purchase our care in your home privately on a not-for-profit basis or be referred by Statutory Services.</p>	<p><b>Telephone:</b> 07833 449031 <b>Email:</b> <a href="mailto:care@oxfordshirecrossroads.org.uk">care@oxfordshirecrossroads.org.uk</a> <b>Website:</b> <a href="https://www.oxfordshirecrossroads.org.uk/">https://www.oxfordshirecrossroads.org.uk/</a> <a href="https://www.carers.org/">https://www.carers.org/</a></p>	
Attend a Young Carer/ Adult Carer Support Groups		
Consider being part of a Focus Group (to share your views & help contribute to service development)	Contact <a href="mailto:rbwm.yc@family-action.org.uk">rbwm.yc@family-action.org.uk</a> to register with the Young Carers Parent/Carer forum	
Consider how to make time for yourself		
Identify your support network (friends/family) and speak to them about how they can help		

## Legal & Money Matters:

Activity/Things to consider:	Contact:	
<p>Check if you and/or the person you support are eligible for any benefits. E.g. Attendance Allowance, Carers Allowance, Council Tax discounts.</p>	<p>Age UK  <a href="https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/">https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/</a></p> <p>Citizens Advice Bureau  <a href="https://maidenheadcab.org.uk/get-advice/forms/">https://maidenheadcab.org.uk/get-advice/forms/</a></p>	
<p>Consider completing Lasting Power of Attorneys (Health &amp; Finance - for yourself and the person you support)</p>	<p><a href="https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney/">https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney/</a>  or  <a href="https://www.gov.uk/power-of-attorney/">https://www.gov.uk/power-of-attorney/</a></p>	
<p>Check your insurance policies (travel, health, life etc). Make sure you declare what needs to be declared so policies are not voided by accident.</p> <p>Can you claim any support under any of your insurance policies?</p>		
<p>Consider whether you/the cared for person needs to declare to the DVLA any change in their health/wellbeing?</p> <p>Consider any issues around driving and what support might be needed in the future</p>		
<p><b>Knowledge &amp; Skills:</b>  [Information will vary – suggestions for illustrative purposes only]</p>		
Activity/Things to consider:	Contact:	
<p>Identify if any training exists to help you understand the person you care for condition</p>	<p>e.g. Learning for Healthcare free on-line resource to support unpaid carers -  <a href="https://www.elfh.org.uk/programmes/supporting-unpaid-carers/">https://www.elfh.org.uk/programmes/supporting-unpaid-carers/</a></p>	
<p>Visit charity websites related to the patient's condition for additional information</p>		
<p>Attend specific training via local services, e.g. GEMS for ADHD/Autism</p>		

Support & Resources:		
Activity/Things to consider:	Contact:	
Introduce yourself to your Care Co-ordinator (if applicable) or key contact within the multi-disciplinary team e.g. nurse, therapist, social worker etc.		
Identify the Social Care's out of hours contact	<b>RBWM Children's Emergency Duty Team -</b> 01344 351999  <b>RBWM Adult Emergency Duty Service -</b> 01344 351999	
Sign up to Young Carer Newsletters		
Contact utility companies to advise you are carers as you may be eligible for some benefits.	Contact your utility supplier for advice.	
Request Free Home Fire Safety Check	Royal Berkshire Fire & Rescue Service <a href="https://www.rbfrs.co.uk/your-safety/safety-at-home/book-a-safe-and-well-visit/">https://www.rbfrs.co.uk/your-safety/safety-at-home/book-a-safe-and-well-visit/</a>	
Consider any home adaptations (e.g. handrails, stair lift, ramps, lifeline pendants, medication dispensers etc.)	Optalis Adult Services <a href="https://www.optalis.org/planning-your-care-and-support">https://www.optalis.org/planning-your-care-and-support</a>	
Access support for your own mental health & wellbeing	For Young Carers: <a href="https://number22.org/">https://number22.org/</a>  <a href="http://www.kooth.com">www.kooth.com</a>  For Young Adults and Adults: <a href="https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/wellbeing-service/">https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/wellbeing-service/</a>  <a href="https://talkingtherapies.berkshirehealthcare.nhs.uk">https://talkingtherapies.berkshirehealthcare.nhs.uk</a>	

If you have any feedback or suggestions to improve our Carer Checklist, please contact [rbwm.yc@family-action.org.uk](mailto:rbwm.yc@family-action.org.uk)